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ON THE COVER

*Trellis and Carol Holmes enjoy
time outdoors.*

Photo by
Kenzie Axtell.

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EDITOR'S NOTE



Lisa

Lisa Bell
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Summer ended. What's next?

As summer drifts to an end, and we move into autumn, I feel caught somewhere between, "Oh my, Christmas is right around the corner, I should get busy creating things," and, "Whew, I'm still feeling like dog-days of August." Fortunately, I still have time until the end of the year, so I can meet those goals I set back in January. I can see progress made on many personal projects — what a good feeling. And with kids back in school, many of you join me in extra time to tackle the things you wanted to do all summer but didn't quite find time to complete.

This month offers many national days to celebrate. I always love finding these online and sharing a few. We have national days for wildlife, pizzas, read a book, international literacy, beer lovers, grandparents, Sudoku, heritage, peanuts, coloring, cheeseburgers, ice cream cones ... Well, you get the idea. We can celebrate almost every day in September. And why not? Life deserves a celebration. No day in September reminds us of this fact more than 9/11.

As we reflect on life this month, take time to celebrate significant events, but never forget the little things either. As we float into a new season this month, let me challenge you to look up the September "holidays," and see how many you can enjoy. After all, lingering in the summerlike weather makes it easy to enjoy a few more lazy days with ice cream, cheeseburgers and pizza. Soon enough, we'll be bustling around in preparation for bigger holidays.

Happy fall, y'all!



You deserve a break.
Happy Labor Day.



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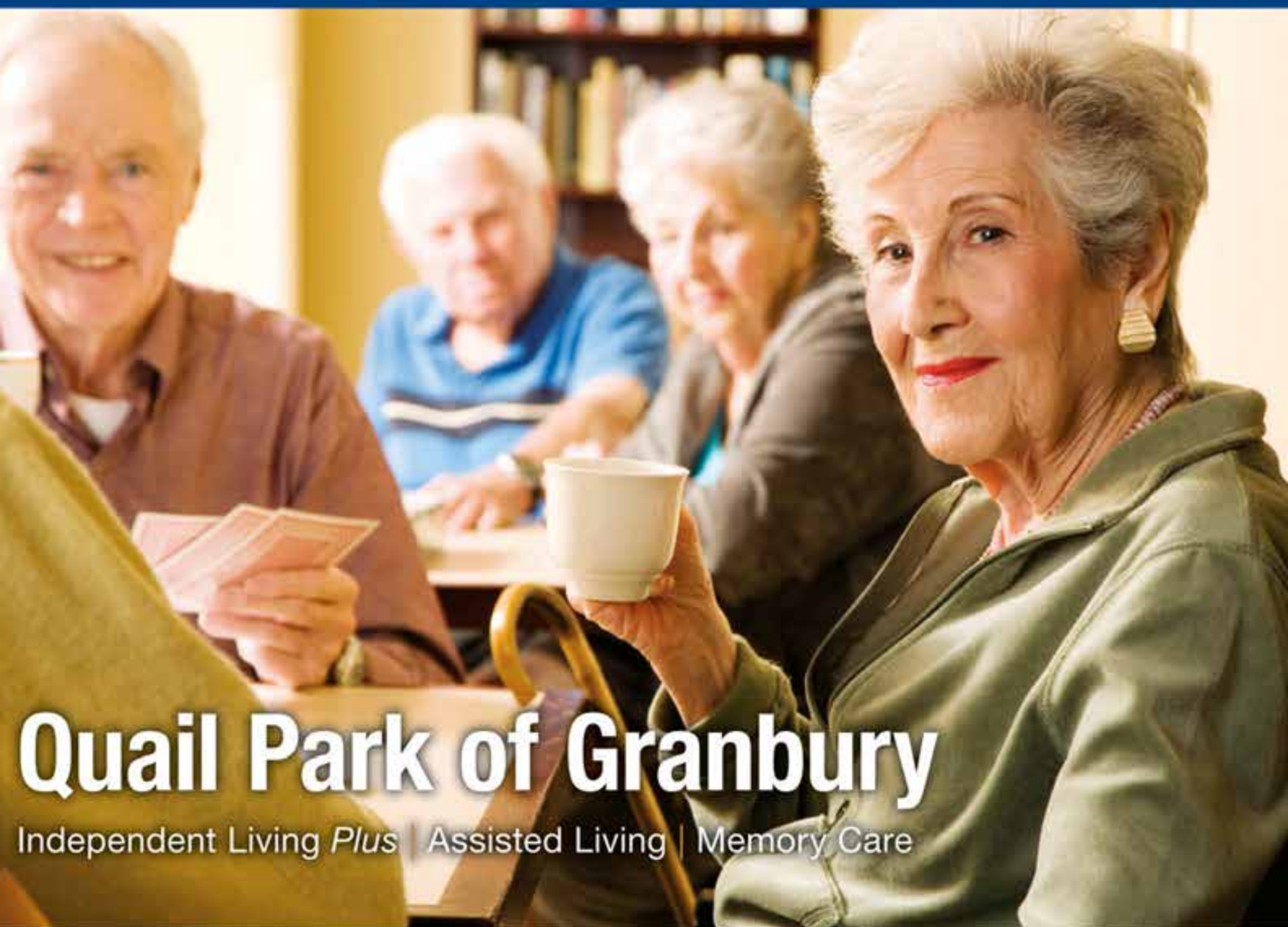
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F R E E D O M

Live and

With acres between their home and the nearest neighbors, Trellis “Frank” and Carol Holmes have freedom to share their place with others. The space itself moved Trellis to buy the property in 1971. Although he spent several years in Alaska, he kept his home and returned in 1978. “I love it out here,” he said. The peacefulness drew him to the land, but the freedom for him and his two sons kept him there. He even built an arena at the top of the hill for his kids and the Peaster rodeo school team to train, have fun and avoid trouble.



T O

Give

— By Lisa Bell

AT HOME WITH TRELLIS AND CAROL HOLMES

A second marriage for both, the couple celebrated 16 years in August. Instead of a typical wedding, they traveled to Alaska, where they married in a nontraditional style, fitting their personalities, as does the diverse ambience of their ranch.

After marrying, they enlarged the kitchen area, incorporating an island with a stovetop. Although Carol questioned Trellis about the massive space between the island and sink, she loves it now. The office area has huge windows that allow

a view of surrounding scenery. In the center of the ceiling, a natural piece of wood sits above a table originally ordered by Terry Bradshaw. The table acts as a desk, but can quickly be cleared and transformed for family or friends to dine.

The bedrooms also provide breathtaking views. "I wake up feeling like I'm at camp every day," Carol admitted. But the best and favorite parts of their home have nothing to do with the interior of their house.



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Trellis retired at 59 from his steel fabrication business and, later, cattle ranching. "Cattle are a lot of work — not retirement," he shared. He sold them and bought a John Deere mower. "It doesn't stress my brain to go round and round."

An IBEW electrician and certified welder by trade, Trellis still builds things, although his real vice focuses on a collection of restored old cars and big equipment. "I just buy junk and piddle," he said. He restored a '63 Ranchero, recently finished a '78 Porsche and bought a 1923 Model T Ford. "I had to sneak that one in," he said with a chuckle.

Carol retired from "corporate America" and focused on a lifelong penchant for yoga. Following a nine-month, in-depth class, Trellis told her she'd be good at teaching. He then used half of the barn to build a studio for her. Although she offers a variety of yoga classes, Carol admits veterans and the elderly are her favorite groups. She founded and volunteers at Connect Group for Adults with Dementia and substitute teaches yoga at the VA. The studio features bamboo floors and soft lighting. Some lights are stars, which her sister found and gave her. One wall has a cross — a gift from a yoga student — that came from a demolished Methodist church. They discovered a broken, carved-wood screen under her parents' bed and revived it.



The entry to the studio is perhaps the most fascinating, discovered by accident during a trip to Austin. Although they don't know the full story behind the ornate, hand-carved threshold or the age, they believe it came from India. A jeweled antique jewelry box opens as a light switch, and the windows and doors in her office came from a cousin's farmhouse. With artwork completed by friends, it is easy to see why the studio is Carol's favorite place.



Both Trellis and Carol love spending time with people in their cantina and surrounding area, capable of entertaining a crowd. The inside contains craps and blackjack tables and a bar. In the upper story, one side has a tin mariachi band where she puts a Christmas tree for the holidays. The opposite upper story holds a library as a small getaway for her.

Outside the cantina, a large patio with additional tables and seating displays a 'redneck waterfall' sprinkler system on the tin roof. Water flows down into 50 feet of cement cattle troughs, cooling the area at least 10 degrees and sounds wonderfully like rain. In the yard, a lighted stage provides ample room for a band. Beyond that, a one-and-a-half-acre pond is another of Carol's favorite spots. "I love being out on the water on a paddle board," Carol shared. She enjoys sharing stand-up paddleboard yoga.

An antique bathtub sits outside of a silo, which Trellis converted into a bathroom to provide "necessities" for guests. Two old buses, future fun projects, also sit on the property and stand as a palette for guests to "tag."

Carol and Trellis host events on a regular basis. One time, they opened their home for a BYOP party. Everyone brought small plastic swimming pools and lounged in them while listening to a concert. They hosted a wine and cheese benefit for Walter Reed National Military Medical Center veterans and raised money for Warriors at Ease. The highlight of having such a magical place comes from sharing it with others. And although Trellis sometimes grumps about the constant work, he loves being outdoors.

At the end of most days, you find the couple sitting on the back porch. From an old barber chair, Trellis does his best to beat Carol in a game of Chinese checkers using a 60-year-old board and antique marbles. Nothing makes them happier than ending a day watching the sunset from there. **NOW**



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CRUISING

— By Lisa Bell

In 1989, seven or eight men gathered over a mutual interest — classic and antique cars. Although Brandon Reese currently serves as Parker County Cruisers club president, Huey Luster, a charter member, remembers when the group started. Most of the first members came from middle-class families, where owning a new car meant something. As the men grew older, they found renewed interest in vehicles from their younger years. The club jacket features a '34 Ford. "Everyone wanted one — nobody had one," Huey admitted. This year, they celebrate their 30th anniversary.



Nowadays, people consider anything from the '50s and '60s as classics. "Cars had personalities and horsepower," Huey said. "Now, they all look alike."

Rebuilding or reproducing classic cars appeals to all ages. Brandon shared, "We see young guys learning and starting metalwork businesses, creating new artisans. There's a big craze for old cars and the vintage look." Growing up, he saw older guys with neat hot rods. As an adult, he scrounged around pastures and finally found one. Watching old movies with period cars, he thought going back in time would be fun. Restoring a classic car reminded him of the days when he dreamed of owning and driving one of those great hot rods.



From oldest to youngest,
each member shares
a common interest in
classic and antique cars,
creating an instant
bond and basis for
long-term friendships.

Jackie Collins, also a longtime member, said, "Back in those days, you knew a car by look. It was the era when drag racing became popular." Being part of the club reminds him of growing up in the good ol' days.

Dale and Pam Fry have been members for 28 years, and they both love old cars. Dale remembers when they were just cars, costing about \$300. "New cars were a big deal back then," Dale said. He has restored about eight cars so far, claiming, "It's not as much fun as it used to be." But owning a '57 Chevy takes him back to the days of his youth, too.

As Dale's wife, Pam got involved with Parker County Cruisers, and before long, she wanted a classic car for herself. Although she loves the grills on a '55, she has a red and white '57 Chevy. Pam enjoys having an outlet to share their cars. "What's the point of having an old



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car if you keep it in the garage, gathering dust?" she asked. "It's not so much the cars but the friendship and camaraderie, not only in Parker County but also in other places." Many groups from various places attend the same shows annually and develop relationships.

Nevertheless, she pointed out none of them take their cars out in inclement weather. Even rain can prove detrimental when headed to a car show. Cleaning isn't a quick drive through a carwash. During shows, cleanliness inside and out counts as one of the most significant parts of judging, so every piece of the car needs to shine.

While the group attends many car shows, as well as hosts some, the Cruisers are about more than vehicles. The members meet monthly to discuss upcoming events and vote on which to attend as a group. They also share stories about their cars. Owners have unique knowledge others may not know, and the meetings provide a genuinely interested audience. What began as men only quickly morphed into a family-oriented club, welcoming all ages. Dale and Pam now represent a third of three generations from their family. Their kids and grandchildren also love being part of the group.

From oldest to youngest, each member shares a common interest in classic and antique cars, creating an instant bond and basis for long-term friendships. Men in the group meet on Wednesday mornings for breakfast, and the women get together for lunch monthly on the first Thursday, proudly sporting their shirts.

Car clubs in the area and from other places support each other by attending shows as either an entire group or a representative. Most of them contribute to local charities, and Parker County Cruisers is no different. A nonprofit organization, members enjoy giving back to their community. When former



member Morris Stewart passed, the club wanted to honor his memory. "He and his wife did a lot," Brandon shared. They started a scholarship fund, awarding two this year.

Brandon receives frequent calls about shows and local events. Often people want a classic car for a special occasion, and if they offer money, the member who responds donates it to the scholarship fund. They also collaborate with the Center of Hope to provide food for those in need. One year, the women planned a Christmas party, getting names from the schools. As a club, they provided presents for many families. This year, they plan to support the homeless.

The Cruisers keep growing. "Most of the businesses in Weatherford support us," Huey said. "Without them, we wouldn't have lasted long. We get people from everywhere. People new to the area call, interested in finding a local group." With approximately 78 members, they have the numbers to make a positive difference in the county, and they fully intend to keep doing so.

Throughout the club, different members have skillsets to help each other. That's part of the beauty of belonging with those of common interests in classic cars. Each month, they choose a car show and caravan there together. With a resurgence in Route 66 interest, they have done several "Rod Runs" on the old interstate. One couple got married on the famous road during a Cruisers' trip. During three excursions (two east and one west), they dealt with breakdowns twice. About 50 cars participated on one trip, but any journey they take means fantastic memories.

On September 7, the Cruisers host their seventh annual fundraising car show at Heritage Park. Don't miss the perfect time to find out more about the organization, meet wonderful owners and admire some classic cars. And throughout the year, be sure to watch for one or more members. They spend a great deal of time locally sharing their vehicles — and their friendship. **NOW**

Editor's Note: Visit www.parkercountycruisers.com for more about Parker County Cruisers.

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BusinessNOW Express Employment Professionals

— By Lisa Bell

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Hours: Monday-Friday: 8:00 a.m.-5:00 p.m.

More than 30 years ago, Bob Funk opened the first Express Employment Professionals office in Oklahoma City. Because his business worked well, he replicated it, creating franchises. With more than 700 locations throughout the United States, Canada and Africa, they have a goal to put a million people to work. Weatherford has been contributing to that goal for 22 years.



Weatherford's office manager, Junell Mauch, heads up an outstanding team. "This company spends a lot of money training people to do what they need to do," Junell shared. "We have a great crew right now."

While Express Employment focuses on general labor, manufacturing jobs, warehouse workers and office personnel at all levels, they never know what clients in the area might need. They currently serve all of Parker County, as well as Hood, Palo Pinto and Wise counties. Although some available jobs are temporary in nature, most consist of temp-to-hire opportunities. When they pair a prospective employee with a business, they normally see the person hired at the end of a three-month period. The business pays all fees, but if they don't hire a person after 500 hours of work, Express Employment then offers associates paid time off for six major holidays without charging the client company. They can also opt for 401(k) and college.

When someone goes online or comes into the office to

apply, the staff completes an interview, which assists them in finding the best matches between client and employee. They also administer tests to discover the person's best skills. In addition to skills, they look at personality and other factors to enhance success for all involved. "Almost everyone who comes through the door gets a job," Junell said. Those seeking jobs also have the capability to learn new and different skills they may never have done.

This Christian-based company desires to help people and treat each one with respect, giving him or her hope. They also give back to the community by supporting the Pythian Home and other area organizations. With a partnership mentality, they work closely with the Center of Hope, volunteering to speak to graduating classes about Express. They also partner with Goodwill and Work for Texas.

On an individual level, the company provides referral awards. "If you know those who need a job, send them our way," Junell explained. "If we place them and they work for one month, you get \$50 — unlimited times."

Often, businesses send someone to Express Employment Professionals to complete the hiring process for them. If hired, even as temp-to-perm, and that employee works for a month, they pay the business a referral fee.

In working with high schools and colleges in the area (minimum age 18), Junell finds that many students earn certifications, but with a lack of experience, they can't always secure employment. Express Employment provides the expertise and knowledge to help those young students begin careers with companies who embrace those with a desire to learn beyond certification.

Working at Express Employment for 13 years, Junell appreciates the support they receive from the parent company through Express University, including continuing education options for internal employees, a zone coordinator and auditors. "We've had great success around the country," she said. "Corporate climbs the new way of doing things all the time and passes it to each franchise." With many years of success behind them, they aren't going anywhere but forward. **NOW**

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Zoomed In: Scott and Mechelle Hopgood

By Lisa Bell

They started because of their crazy Lucy, an English bulldog. But Scott and Mechelle Hopgood continue making dog beds for the pure joy of creating unique functional art. "It gives us something to do as a family," Scott shared. A manager by day, Scott creates all of the wooden pieces. Mechelle is a teacher, but she also contributes to the beds and other designs they create, plus she enjoys making jewelry. Scott's mother, Diane (not pictured), lives with the couple. She stays busy creating the artistic designs and hand sewing cushions and accessories, as well as making some clothes. At 71, Diane is still spry. "She loves running around town picking out fabrics," Mechelle said. They love creating fun yet useful art.



Ken Ruffin, of National Space Society of North Texas, shares about amazing future space travel.



Liz Jimenez greets visitors to Chondor Gardens.



Providence Title had a "Flamingo" to show off their new Hudson Oaks location.



Emily Thomas wins the Best in Show Award (student category) during the Weatherford Art Association's recent show.



The 35th Annual Peach Festival draws thousands in spite of the heat.



Craig Hoyaling serves with a smile.



Carrol Richardson and Jill Harper enjoy plein air painting at the Doss.



Meaghan Stanglin loves creating beautiful glass etchings during First Mondays.

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CookingNOW

In the Kitchen With JADE BARBEE

— By Joy Horn



Jade Barbee believes that good health begins at the table. She and her husband, Hoot, are dedicated to promoting a healthy lifestyle and providing their community with opportunities to improve food choices. They own a business that supports healthy eating, and Jade is a nutritionist. They strive long and hard to provide healthy options for people who wrestle with their health. “Day in and day out, I work with people struggling with illness, disease, obesity, food addictions and families that provide poor food choices to the next generation. It is a serious problem that, thankfully, has finally gotten noticed, and is taking a drastic turn,” Jade expressed. Her passion for healthy food and helping others makes a huge impact on the lives of those around her. **NOW**

Black Bean Hummus Panini

Yields 2 sandwiches.

1 pkg. black beans
1 pkg. sun-dried tomatoes (not jarred)
1 eggplant
Extra-virgin coconut oil (or extra-virgin olive oil)
1 pkg. Ezekiel bread or Dave’s Killer Bread
Hummus (see Hummus Recipe)

1. Boil black beans on medium-high heat, adding water as needed, for about 45 minutes, or until tender. Set aside 1 cup; store the rest for use in other recipes.
2. Set out 10 sun-dried tomatoes. Slice eggplant into 10 pieces.
3. Meanwhile, turn griddle on medium-high heat; coat eggplant with extra-virgin coconut oil or olive oil.
4. Lightly toast 4 slices of bread in a toaster.
5. Place eggplant slices on the griddle. Grill

lightly on each side; toss black beans on the griddle for 1 minute.

6. Smear hummus on one side of each slice of the bread.
7. On one slice, layer sun-dried tomatoes on hummus; top with eggplant.
8. On second slice, layer black beans on top of hummus.
9. Put 2 slices of bread together; grill lightly on both sides or use a Panini Pan. Repeat steps 6-9 for second sandwich.

Lemon Vinaigrette

1/4 cup red wine vinegar
2 Tbsp. organic Dijon mustard
1/2 cup extra-virgin olive oil
Zest of 1 lemon
Juice of 2 lemons
2 Tbsp. lemon juice
1 Tbsp. raw honey
1/4 tsp. ground black pepper
3 Tbsp. dried oregano

1. Blend together red wine vinegar, Dijon mustard, extra-virgin olive oil, lemon zest,

lemon juice, honey, black pepper and dried oregano.

2. Drizzle and enjoy!

Protein Packed Salad

Yields 3 salads. Contains 56 grams of protein.

Salad:

- 1 pkg. organic spinach
- 1 bundle organic green leaf
- 1 cucumber
- 1 head broccoli
- 1 pkg. Goodfields Edamame
- 1 pkg. dry roasted or raw organic almond slivers
- 1 pkg. Manitoba Harvest Organic Sprouted Hemp Seeds

1. Chop the spinach and green leaf.
2. Slice the cucumber; cut the broccoli into florets.
3. Mix the spinach and green leaf. Top with edamame, almonds, hemp seeds, broccoli and cucumber.

Hummus

- 1 15-oz. can of Field Day Organics Chickpeas
- 2 Tbsp.-1/4 cup lemon juice
- 1 Tbsp. minced garlic
- 1 1/2 Tbsp. extra-virgin olive oil
- Pinch of salt
- 2 Tbsp. fresh herbs or pepper

1. Blend all ingredients until creamy. For more texture, mix by hand.

Omega Dense Dressing

- 1 pkg. Wishbone Italian Seasoning
- 1/2 cup apple cider vinegar
- 1/3 cup cold pressed flax oil (sold and purchased chilled)

1. Mix Italian seasoning, vinegar and flax seed oil in an emptied BPA-free water bottle, and shake.

Vegan Ranch Dressing

- 1 cup Follow Your Heart Veganaise
- 1 tsp. organic red wine vinegar
- 1 Tbsp. Silk Coconutmilk
- 2 Tbsp. fresh herbs (basil, bay leaves or oregano)
- 1 tsp. minced garlic

1. Blend together Veganaise, red wine vinegar, coconutmilk, fresh chopped herbs and garlic.
2. Drizzle over salad and enjoy!



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1/8 cup quinoa, cooked
1 jumbo carrot, sliced
1 leaf kale
Lemon vinaigrette, to taste

1. Mix rice and quinoa.
2. Sauté carrots and kale until slightly tender.
3. Toss all ingredients together with lemon vinaigrette.

Sweet Delight

Makes 1 serving.

10 thin slices sweet potatoes
1 Tbsp. extra-virgin coconut oil
6 blackberries
1/2 red apple, chopped

1. Sauté sweet potatoes in coconut oil until tender.
2. Add blackberries and red apples; sauté for an additional 5 minutes.

Summer Blackberry Mint Tea

1 qt. spring water
1 pkg. Matcha or Holy Basil green tea



Black Bean
Hummus Panini

1/2 pkg. blackberries
1/4 cup coconut palm or
turbinado sugar
1 pkg. or bundle fresh mint

1. Boil water; pour over 4 Matcha green tea bags. Set in the sun for 3 hours.
2. After 1 hour, add blackberries and coconut palm or turbinado sugar; stir well.
3. After 2 hours, add 10 mint leaves; stir well.
4. After 3 hours, pour over ice and serve.

Breakfast Sauté

3 leaves kale
1 apple, chopped

2 eggs
Salt, to taste
Pepper, to taste

1. Sauté kale and apples for 3 minutes.
2. Scramble eggs; sauté eggs with kale and apples for 1 minute. Add salt and pepper.

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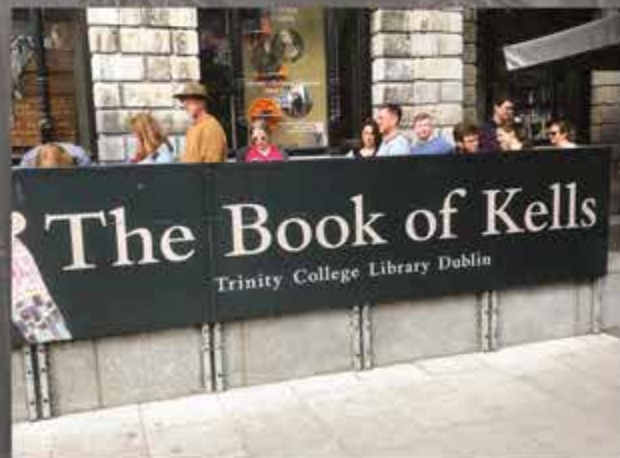
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— By Sally Fuller



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Whether you're a history buff, a literature lover, a "barley pop" devotee or on an ancestral pilgrimage, Dubliners enthusiastically welcome you. Explore their centuries-old castles and churches, laugh at stories of their famous authors and the timeworn pubs they loved, relax with a pint of your favorite beverage and be awestruck by the country's most treasured relic.

Ashtown Castle in Dublin's Phoenix Park and Malahide Castle, located nine miles from the city center, are both selfie-worthy, but to delve a wee bit deeper into Dublin's history, a tour of Dublin Castle is a must. Built atop the ruins of a Viking fortress dating to 930 A.D., the exterior of the castle is a hodgepodge of centuries of repairs and additions. Inside, a checkered history of rulers and rebellions lives on, amid beautifully appointed apartments and somber memorials.

The stunning architecture of St. Patrick's Cathedral alone makes this a necessary stop. Add to that its matchless claim as the spot upon which St. Patrick baptized the first Irish into Christianity around 450 A.D., and it can easily become the highlight of a Dublin tour. Standing in the church gardens and staring in wonder at the 141-foot spire (the tallest in all of Ireland), imagine yourself on the very spot where a group of pagan converts professed new faith in what was then a new religion. This stop can evoke a sense of the Divine in even the most earthly minded.

A visit to Trinity College Dublin for a peek at the country's crown jewel is also a necessity. *The Book of Kells*, housed (and guarded — no photos allowed) on the ground floor of Trinity's Long Library, contains a copy of the four Gospels

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After a day of castles, cathedrals and Kells, spend an evening with two local actors, as they regale you with stories of some of Ireland's most famous authors on Dublin's Literary Pub Crawl. Starting at The Duke Dublin, you crawl to and through such places as Davy Byrnes, McDaid's and Neary's, where Irish literary greats such as James Joyce, Brendan Behan and Oscar Wilde whiled away many nights — and possibly some days — in the company of their compatriots and a pint of stout.

Speaking of stout, no trip to Dublin is complete without a tour of the Guinness Storehouse at St. James's Gate. While there, visitors learn about the beverage's unique brewing process, view the 9,000-year lease Arthur Guinness extracted from the city as an assurance the drink synonymous with the country will endure, and learn to "pour the perfect pint" at the Guinness Academy.

After the tour, make your way to The Brazen Head, Ireland's oldest pub. Established in 1198, The Brazen Head's nightly live entertainment with a menu boasting an extraordinarily creamy seafood stew as well as the staple fish and chips makes this a great place to eat, drink and be merry in the most Irish sort of way.



The Temple Bar district is synonymous with nightlife in Dublin. The narrow, cobbled streets down which you travel to reach not only the famous Temple Bar Pub but the plethora of other bustling after-dark spots remind you that amid the shining neon signs, you trod upon centuries-old streets here as in every other part of the city. **NOW**

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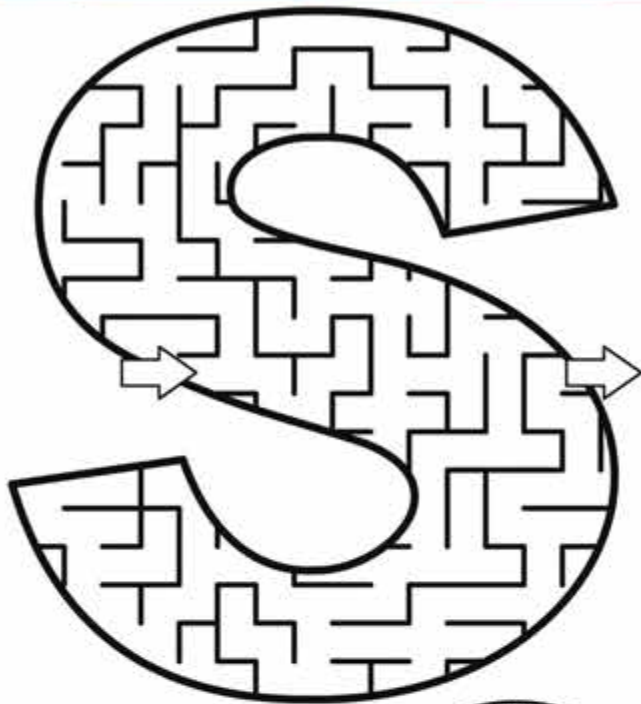
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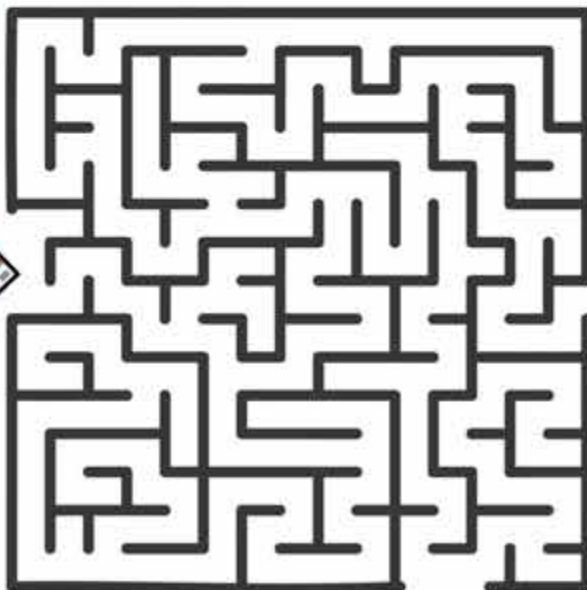
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E	O	I	S	A	L	P	W	H	I
G	R	N	N	O	M	U	K	B	T
N	A	D	E	L	P	R	N	L	E
O	G	I	O	R	G	P	I	U	K
R	E	H	C	E	E	T	G	E	H
K	N	L	E	Y	N	U	R	A	A
C	W	L	O	U	Q	R	B	Y	K
A	O	O	I	S	E	A	E	E	I
L	R	W	R	E	D	T	I	G	C
B	B	M	A	G	E	N	N	A	Y

Find all the words from the word list (ignore spaces and dashes):

- | | |
|--------------|-----------|
| BEIGE | OCHER |
| BLACK | ORANGE |
| BLUE | PINK |
| BROWN | PURPLE |
| CYAN | RED |
| GRAY | SALMON |
| <u>GREEN</u> | TURQUOISE |
| INDIGO | WHITE |
| KHAKI | YELLOW |
| MAGENTA | |

This is a zigzag word search puzzle. Words go left, right, up, down, not diagonally, and can bend at a right angle. There are no unused letters in the grid, every letter is used only once.

ANSWER:



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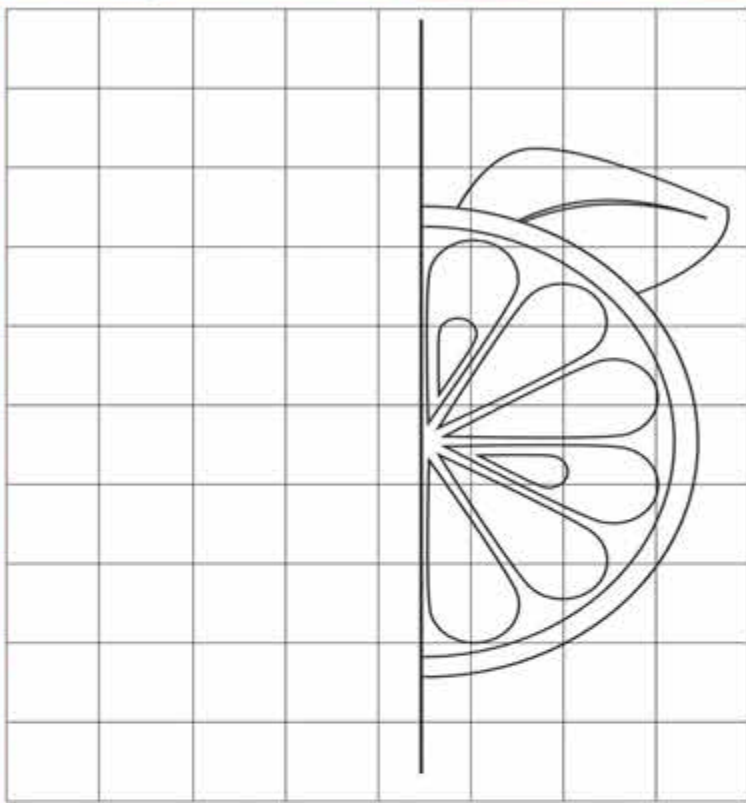
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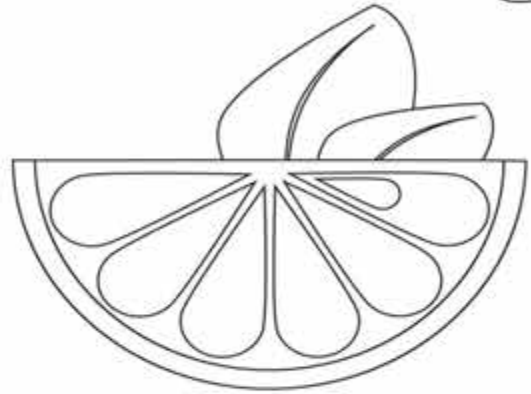
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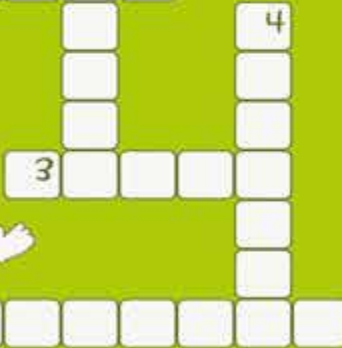
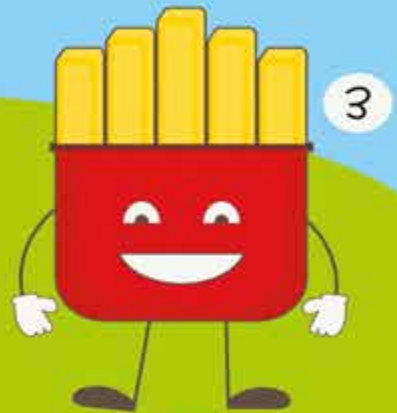
Oo Orange



O

o

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1 - donut 2 - burger 3 - fries 4 - hot dog 5 - chicken 6 - juice

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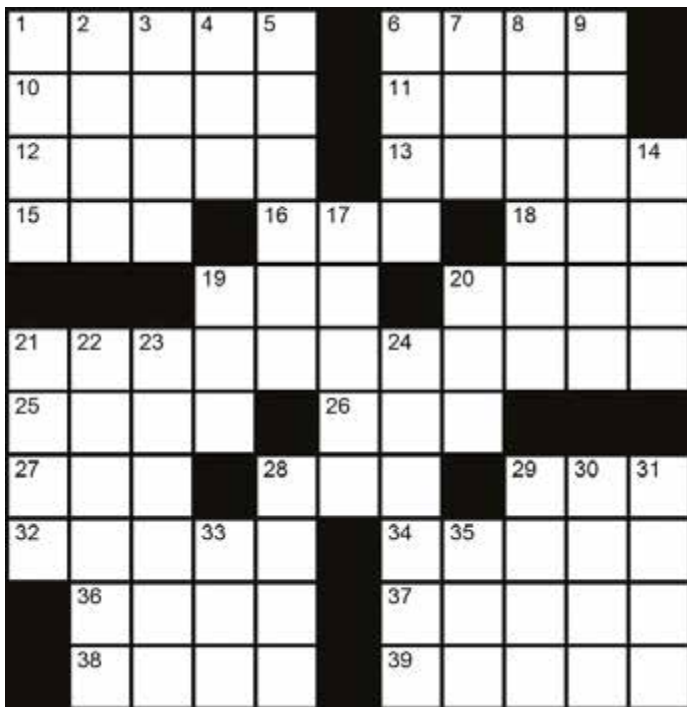
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Nagwa Lamaie, MD, Board Certified in Family Medicine and Sleep Medicine

Stacey Jackson, FNP-C and Uchenna Iloma MSN, APRN, FNP-C

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Crossword Puzzle



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Across

- 1 Color of an unclouded sky
- 6 Memorable pop Mama
- 10 Immigration essentials
- 11 Aussie gemstone
- 12 Not capable
- 13 Later in this text
- 15 Outmoded taper's buy
- 16 Recede
- 18 Gone by
- 19 For each
- 20 Mogadishu-born model
- 21 Breakfast greeting
- 25 Musical phrase
- 26 Chisholm Trail state
- 27 The whole lot
- 28 Gave food
- 29 Sports org. producing "Deuce" magazine
- 32 Picture border
- 34 Bury
- 36 Separate article
- 37 With a single voice
- 38 Wooden-soled Japanese shoe
- 39 Puts the plane down

Down

- 1 Tel follower in Israel
- 2 It galvanizes
- 3 Employer
- 4 Talk music
- 5 Respect
- 6 "Twelve Angry Men" star
- 7 Emulate
- 8 Italian sausage
- 9 Catchphrase
- 14 "The World of Suzie ---": 1960 film
- 17 Penniless
- 19 Email attachment format
- 20 Tavern
- 21 Match for Agassi
- 22 Roughneck's workplace
- 23 Not long ago
- 24 Tire type
- 28 Govt. disaster relief org.
- 29 100 cu. ft. for a nautical measure
- 30 Look after
- 31 America's C-in-C
- 33 Encountered
- 35 Cryptographic org.

Solutions on page 44

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Sudoku Puzzle

Easy

	1	8	9			7		
	2		5	4				
9			4	8				2
	3				5	6		
		4						1
							7	4
6				7		1		
5	9							6

Medium

6				7	2			
		9			3			
			5				6	
							8	
	5	8				1	2	
4		3	9					
	6			8				
		4			1	2	5	
				5		9	3	6

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Solutions on page 44

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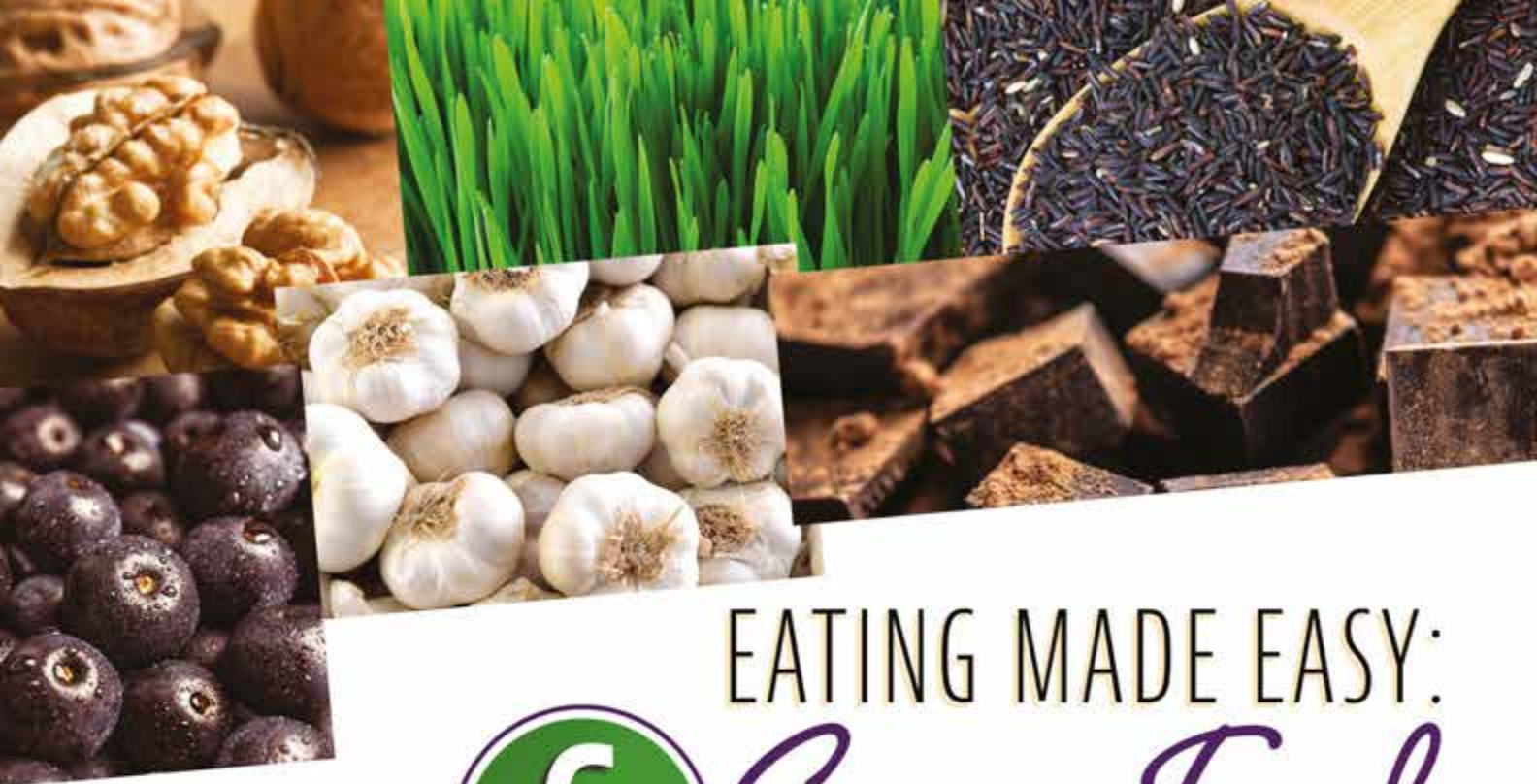






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EATING MADE EASY:

6 Super Foods

— By Melissa Rawlins

With a little research, it's easy to make a list of all the necessary vitamins and minerals to take into your body every day. Scientists recommend 23 specific elements in regular doses to keep a human body healthy. Since it's most fun to get that vital nutrition from food, try eating a daily dose of eggs, greens, lentils and tuna. Though commonplace, they're honest-to-goodness super foods that show up repeatedly as best sources of most of those 23 vitamins and minerals.

Here are a few of our favorite, more glamorous, super foods:

1 Walnuts simply taste great, but most people consider them holiday foods. It would behoove us to eat them daily, since they provide vitamin E for healthy organs, as well as essential fatty acids, selenium and iodine to improve memory, alleviate irritability and prevent dementia. And their vitamin B levels promote reproductive health in both men and women.

2 Acai berries, known as “beauty berries,” are rich in antioxidants, which serve to protect the body from free radicals that break down cellular function. Acai berries are heart-healthy, since they contain fatty acids 3, 6, 7 and 9. The juice complements walnuts in a smoothie, and is a tastier alternative to fish oil, wouldn't you say?

3 Purple or black rice is an “heirloom” grain, rich in fiber and naturally gluten-free. High in anthocyanins, a powerful class of phytonutrients, this ancient source of all 22 amino acids also provides the simple sugars every cell in the body needs to function as originally designed. Regulating blood sugar levels, boosting cognitive function, lowering cholesterol, maintaining a healthy heart, improving digestive health and reducing inflammation never tasted so good.

4 Garlic is an herb, a medicine and a prebiotic. This means it feeds the probiotics living in healthy guts. As a medicine, garlic stimulates the immune system, removes plaque buildup in arteries, lowers blood pressure and acts as a natural antibiotic. As an herb, garlic makes other foods taste better and, therefore, is a perfect salt substitute.

5 Dark chocolate is, like garlic, a prebiotic. It also provides heart-healthy benefits, like garlic. It contains fiber, iron and other necessary minerals, which together improve blood circulation to the brain and body. Unlike garlic, dark chocolate requires sugar and sometimes cream to taste exceptional and, therefore, must be used in moderation.

6 Wheatgrass promotes detoxification and healthy living, while it minimizes fatigue. Containing eight essential amino acids, antioxidants, blood-building chlorophyll and vitamins A, C and E, as well as iron, magnesium and calcium, this grass is best when juiced, and a little goes a long way. **NOW**



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Eleesa H., Burleson, TX

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8/31-9/1

Model Train Show:

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9/6

Back in Black:

AC/DC Tribute band returning to Weatherford for an epic show. Free show. Food vendors available on-site. 7:00-9:00 p.m., Heritage Park Amphitheater. (817) 598-4124.

9/7-9/22

You're a Good Man, Charlie Brown:

Musical. **Friday and Saturday:** 8:00 p.m.; **Sunday:** 2:00 p.m., Theatre Off The Square, 114 N. Denton, (817) 341-8687 or www.theatreoffthesquare.org.

9/21

Lords Acre Car Show:

55th annual event with live and silent auctions, 50/50 raffle, vendors, live music, bounce house and barbecue lunch. \$20 entry fee. Registration: 9:00-11:00 a.m.; Show: 10:00 a.m.-2:00 p.m., 2200 Church Rd, Azle. www.silvercreekumc.org, Ron Dupree: (817) 229-2757, Larry Nix: (817) 480-4417.

QGPC Quilt Auction:

Everyone loves a quilt. QGPC Paint Chip Challenge quilts on display. Shopping-Sales-Preview: noon-2:00 p.m.; Auction: 2:00 p.m., Northside Baptist Church, 910 N. Main. For more information, visit www.quiltersguildofparkercounty.org.

Velcro Pygmies:

From Louisville, Kentucky, the band delivers a nonstop high-energy hair-metal-rock show. Free concert. 6:00-9:00 p.m., Heritage Park Amphitheater.

9/28

Weatherford Walk to End Alzheimer's:

Held annually in more than 600 communities nationwide, the Alzheimer's Association Walk to End Alzheimer's® is the world's largest event to raise awareness and funds for Alzheimer's care, support and research. 8:00-11:00 a.m., 378 Jack Borden Way. For more information, contact Jessica Mulcahy at (817) 336-4949 or weatherfordwalk@alz.org; www.act.alz.org/weatherford.

Mondays

Aledo Farmers Market:

Runs weekly **March to November** (weather permitting). Support your local farmers. 3:00-7:00 p.m., Aledo Community Center Parking Lot, 104 Robinson Ct., Aledo. Contact City Hall at (817) 441-7016.

First Mondays

Weatherford

First Monday Trade Days:

Event held on Friday-Sunday prior to the first Monday. One of the oldest open-air markets in Texas steeped in tradition and located in the heart of the historic district. Old traditions with a new look, attractions and fun activities. 9:00 a.m.-4:00 p.m., 200 Santa Fe Dr. rhamilton@weatherfordtx.gov or (817) 598-4359.

Fourth Mondays

Weatherford Art

Association Meeting:

Artist of the month contest followed by instruction in different media. Annual dues: \$40 individual; \$60 family; and \$20 student. 6:00 p.m., Barlow Hall, All Saints Anglican Church, 125 S. Waco. www.weatherfordart.org.

Third Tuesdays

Parker County Cruisers:

The group for those interested in classic cars and specialty vehicles. 6:30 p.m., Mount Pleasant School, 213 Raymond George Way. (817) 994-0074.

First Wednesdays

Zonta of Parker County:

Zonta is an International organization empowering women worldwide. Guests are always welcome. 11:30 a.m., North Side Baptist Church, Room 118. Brenda, (817) 771-9713.

Second Wednesdays

The Twentieth Century Club:

Women's volunteer organization meets each month, except in July and August. Begin with potluck lunch, followed by a short program and business meeting. Noon, 321 S. Main St. Karren Lucas, (817) 613-6697.

First and Third Thursdays

Connect Camp for Adults With Dementia:

Offers a respite for caregivers with physical and cognitive exercises and social interaction for 'camper.' Donation-based. Registration required. 12:30-2:30 p.m., Clubhouse behind St. Stephen Catholic Church, 1812 Bethel Rd. (817) 609-6454.

Second Thursdays

Gardeners' Club of Parker County:

Each meeting features a garden-related speaker, followed by refreshments and a short meeting. 10:00 a.m., St. Francis Church, 117 Ranch House Road, Willow Park. (817) 919-6280.

Third Thursdays

Quilter's Guild of Parker County:

Quilters of all levels are welcome.



9/12-9/14

Ranch Rodeo:

Parker County Sheriff's Posse 15th annual rodeo. Dances following events on **Friday** and **Saturday**. Admission: \$20; children 10 and under free. **Thursday:** 6:00 p.m.; **Friday:** 7:30-11:55 p.m.; **Saturday:** 10:00 a.m.-11:55 p.m., 2251 Mineral Wells Hwy. Event schedule and tickets at www.pcsp.net.

6:30 p.m., North Side Baptist Church, 910 N. Main St. Contact Mary Williams at (940) 682-4631, www.quiltersguildofparkercounty.org for more details.

Second Fridays

PCWNC Luncheon:

All ladies in Parker County welcome for new friendships and a wonderful time. RSVP by **first Friday** of the month. \$11. 9:30 a.m.-1:00 p.m., FUMC Family Life Center, 301 S. Main St. Contact Shirley, (817) 757-7379 or Lois, (817) 946-1930, www.pcwnc.org.

Living Waters Writers:

Christian writing group for

encouragement and feedback. Free open group. 2:00-4:00 p.m., Hood County Library, Granbury. Lisa, (817) 269-9066 or LisaBell@bylisabell.com.

Spring Creek Musical:

Old-time musical with bluegrass, gospel and country music. Concession stand available, with all proceeds going toward expenses. Free and open to the public. 6:00 p.m., 100 Spring Creek Rd. Spring Creek Musical on FB.

Third Fridays

Downtown Night Out:

Look for the blue DNO flag

outside of participating merchants and restaurants. Support local small businesses. 4:00 p.m., Historic Downtown Weatherford.

Fourth Fridays

All-you-can-eat Catfish:

Join the VFW for a \$12 dinner. 5:30-7:30 p.m., Granbury VFW Post 7835, 3670 US-377, Granbury. (817) 776-2965.

Second Saturdays

Steak/Chicken Dinner Night:

Rib-eye \$15; chicken breast \$10. 6:00 p.m., Granbury VFW Post

7835, 3670 US-377, Granbury. (817) 776-2965.

Fourth Saturdays

Fish Fry:

Everyone is welcome.

5:30-7:30 p.m., Granbury VFW Post 7835, 3670 US-377, Granbury. Call (817) 776-2965 for more information.

Submissions are welcome and published as space allows. Send your event details to lisa.bell@nowmagazines.com.



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1	A	Z	U	R	E		6	C	A	S	S	
10	V	I	S	A	S		11	O	P	A	L	
12	I	N	E	P	T		13	B	E	L	O	W
15	V	C	R			16	E	B	B		A	G
						19	P	E	R		I	M
21	G	O	O	D	M	O	R	N	I	N	G	
25	R	I	F	F			26	K	A	N		
27	A	L	L			28	F	E	D		29	A
32	F	R	A	M	E		34	I	N	T	E	R
						36	I	T	E	M		
						38	G	E	T	A		
										39	L	A
											N	D
											S	

Easy

3	6	5	7	1	8	4	2	9
4	1	8	9	2	3	7	6	5
7	2	9	5	4	6	3	1	8
9	7	6	4	8	1	5	3	2
8	3	1	2	9	5	6	4	7
2	5	4	3	6	7	8	9	1
1	8	3	6	5	2	9	7	4
6	4	2	8	7	9	1	5	3
5	9	7	1	3	4	2	8	6

Medium

6	4	1	8	7	2	5	9	3
5	8	9	1	6	3	7	4	2
2	3	7	5	9	4	8	6	1
1	9	6	7	2	5	3	8	4
7	5	8	3	4	6	1	2	9
4	2	3	9	1	8	6	7	5
3	6	5	2	8	9	4	1	7
9	7	4	6	3	1	2	5	8
8	1	2	4	5	7	9	3	6



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